

EOS322

GOOD FISH DISHES

also by Ambrose Heath

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GOOD FOOD

GOOD FOOD ON THE AGA

MORE GOOD FOOD

GOOD SOUPS

GOOD POTATO DISHES

GOOD SWEETS

GOOD SAVOURIES

GOOD DRINKS

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MEAT DISHES WITHOUT COUPONS

GOOD COLD DISHES

with C. H. Middleton

FROM GARDEN TO KITCHEN

with D. D. Cottington-Taylor

THE NATIONAL MARK CALENDAR OF COOKING

GOOD FISH DISHES

by

AMBROSE HEATH

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To
HECTOR CAIRD

FOREWORD

The choice of recipes in this collection has been dictated by considerations of economy or necessity. In these days fish, which was considered little more than an adjunct to a meal, has now assumed the importance of the principal course, and it is to give some assistance in choosing the dish for that course that this selection of simple but, I hope, choice recipes has been made. A few notes are added at the end about those unknown fishes—unknown at least to the ordinary housewife—that appear and often languish from time to time on the fishmonger's slab. I have only to add, in spite of the tradition that it is bad form to mention one's own books, that those who seek further information about cooking river fish will find assistance in *From Creel to Kitchen*, whilst those whose aim it is to soar to gastronomic heights far beyond the scope of this little book, may be referred to *Madame Prunier's Fish Cookery Book* in which the last word concerning the preparation of fish in the *haute cuisine* has so far been said.

A.H.

Holmbury St. Mary
August, 1940

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None of the recipes in this book
demands the use of either cream
or wine

GOOD FISH DISHES

ANCHOVIES IN POTATOES

Bake some large floury potatoes in their jackets, and when they are done, cut off a piece of the top or side of each, and scoop out a tablespoonful of the potato. Fill up these holes with a mixture made of chopped and pounded fillets of anchovy to which you have added some chopped parsley, garlic, and black pepper. This is moistened with some of the oil from the anchovies, and must be made while the potatoes are cooking, for they must be very hot when the anchovy mixture is added.

BARBEL, GRILLED

Take two barbel each weighing a pound, clean, scale, and wipe them, and incise them on each side in two or three places. Then let them lie, for half an hour, with four tablespoonfuls of olive oil, three pinches of salt, and three small pinches of pepper, turning them once. Then wipe them dry, and grill them for eight minutes on each side. Serve with *Maitre d'Hôtel* butter. Thus Jules Gouffé, Chef de Cuisine of the Paris Jockey Club in 1867.

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BREAM, BAKED

A savoury dish of fillets of sea bream can be effected in this way. Cut the fillets into pieces about three inches long, and season them. Now in a little olive oil fry two or three sliced onions, and a little chopped garlic, and when these are done, add some tomato *purée*, salt, pepper, and finely chopped parsley. Lay the fillets in a fire-proof dish, and pour the sauce over them, diluting it with a little water or fish stock if it is too thick. Sprinkle with a few more drops of olive oil, and bake in a moderate oven until the fillets are done.

BREAM, BAKED (2)

Instead of the usual fish stuffing, use sausage meat for filling the bream before baking. It would be as well, however, not to use it quite plain, but to mix it with chopped parsley, some breadcrumbs, and a beaten egg, which will make it lighter.

BREAM, GRILLED (FRESHWATER BREAM)

This is a French recipe. First marinate the fish, which should weigh about two and a half pounds, seasoned with salt and pepper, in four tablespoonfuls of olive oil, the juice of half a lemon, thin slices of a medium-sized onion, parsley stalks, thyme, and half a bayleaf broken in little pieces. Leave the fish there for an hour, having first scored it on each side with cuts about a quarter of an inch deep and three-quarters of an inch apart. When ready to cook it, remove any bits of the marinade from it, brush it over well with olive oil, and

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grill it on each side. Twenty-five to thirty minutes should be enough. Hand a suitable butter.

BREAM STEAKS, BAKED

Sprinkle the steaks of sea bream with salt and pepper and leave them for half an hour. Meanwhile make some little balls of the following mixture. Mash half a pound of boiled onions with a teaspoonful of mixed herbs and four ounces of semolina, binding with a beaten egg, and adding a little milk if necessary. Roll the balls in fine oatmeal, and arrange them in a greased fireproof dish round the bream steaks. Pour a little olive oil over the fish and the balls, and bake for half an hour in a hot oven, basting from time to time.

BRILL AUX COURGETTES

Fillet your brill, and arrange the fillets in a buttered fireproof dish. Peel some small vegetable marrows (or leave the skins on if they are small enough), and cut them in long slices, arranging these over the fish with some peeled and coarsely chopped tomatoes and a pinch of chopped or dried basil. Season with salt and pepper, sprinkle over a little lemon juice and melted butter or margarine, put a buttered paper over the top of the dish, and cook in the oven until the fillets are done. Then sprinkle with buttered crumbs, and brown quickly.

BRILL SAINT GERMAIN

A small brill should be used for this. Fillet it and

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skin the fillets. Egg-and-breadcrumb them, and fry them in butter or margarine. Garnish with small grilled tomatoes and rice *croquettes*. Hand *Béarnaise* sauce separately.

BRILL WITH MUSTARD SAUCE

Cook the brill in boiling salted water to which you have added a spoonful of vinegar, for a quarter of an hour, then drain it and send it to table with the following sauce. Let two tablespoonfuls of butter or good margarine just colour a light brown, then add two tablespoonfuls of the liquid the fish was cooked in, half a teaspoonful of chopped parsley, a teaspoonful of lemon juice, and two teaspoonfuls of French mustard. When well mixed, stir in the yolk of an egg, and let it cook but not boil.

CARP À LA JUIVE

A queer recipe worth trying some time. Well wash the carp and cut it in small pieces. Lay these in a stewpan with half a pint of draught ale, one and a half tablespoonfuls of flour and the same of brown sugar well mixed with half a pound of treacle, a good dust of ground cloves, salt, and allspice, with a gill of good vinegar and a small sliced onion. Stew this all gently together over a slow fire for twenty minutes until cooked.

COCKLES IN BACON

Devotees of the Angel-on-Horseback and bemoaners

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of the price of oysters may care to try this substitute. Put two or three cockles on a rasher of bacon, add a squeeze of lemon juice, roll up the bacon and tie with cotton or transfix with a skewer. Fry for a minute or two only, and serve on buttered toasts or fried bread. Be careful not to cook too long, or the cockles will be tough.

COD À LA BOULANGÈRE

Butter a shallow fireproof dish, and lay in it a good cutlet or steak from the middle of a cod or similar fish. Surround this with quarters of raw potatoes, and little onions which you have previously blanched in boiling water. Sprinkle with salt and pepper, brush the fish over with melted butter or good margarine, and bake it fairly slowly in the oven, basting it frequently. Sprinkle chopped parsley over on serving.

COD À LA CRÉOLE

Bone the cod (or buy fillets), and soak them for half an hour, turning them once or twice, in a tablespoonful of olive oil, the same of vinegar, a good squeeze of lemon juice, and a tablespoonful of chopped onion. Grease a fireproof dish, put in the fish (it is really better if it is one large piece), and pour over it the strained marinade in which it has soaked, with half a pint of tomato *purée*, a tablespoonful of chopped green pepper (capsicum) or red peppers would do at a pinch, and a seasoning of salt and pepper. Cover the dish, and bake in a moderate oven for about three-quarters of an

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hour. When done, sprinkle with a little grated cheese, and brown.

COD À LA MAÎTRE D'HÔTEL

Boil two pounds of cod (or use cooked flakes), flake it up in large pieces, and keep them hot. Now melt four ounces of butter or good fresh margarine in a frying-pan, and fry in it for two minutes a teaspoonful of finely chopped onion without browning it. Then add a teaspoonful of finely chopped parsley, the juice of half a lemon and a good pinch of pepper. Add the flakes of cod, and shake over the fire until all is hot. Serve at once.

COD AND LOBSTER PIE

Make a pie or a pudding of cod bound with white sauce, and add pieces of lobster or Cape lobster tails.

COD AND OYSTER PIE

Open a dozen sauce oysters or more, keep the liquor from them, remove their beards and simmer them for a minute or two in a very little water. Then strain them and put them back into their own liquor, which you will also have strained in case there are any bits of shell in it. Have ready a pound and a half of flaked boiled cod, and put half of this into a buttered pie-dish. Add the oysters, sprinkle them with salt, pepper, and a little nutmeg, and pour over them half a pint of white sauce to which you have added the oyster liquor. Now add the rest of the cod, surmount by a cover of short-crust pastry, and bake until the pastry is done.

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COD, CURRIED

Use large flakes of cooked cod, and heat them through in the curry sauce given under Curried Prawns, on page 64.

COD FISHBALLS

Simmer a pound of soaked salt cod for a quarter of an hour; then drain it and flake it finely and add to it three breakfastcupfuls of mashed potato, adding a beaten egg and a dash of pepper. Drop a spoonful at a time in deep hot fat, and fry until golden brown.

COD FLAKES

This is an attractive dish. Boil some middle-cut of cod, and while still warm, skin it and divide into large flakes. These flakes are naturally slightly hollowed; so when they are cold, stuff these hollows with some suitable kind of fish forcemeat. Then egg-and-bread-crumbs the stuffed flakes, and fry them in deep fat.

COD, FRIED

Fry some pieces of fat pickled pork, or bacon, until they have given up their fat, then take them out and in the fat fry some cod steaks which have been dipped in granulated corn-meal, until they are brown on each side. Drain and serve.

COD, FRIED, À LA ROUMANILLE

Get some steaks of cod about an inch and a half thick, dip them well in flour seasoned with salt and

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pepper, and brown each side lightly in a little olive oil. When they are done, put them in a dish on a bed of thick tomato *purée*, and garnish with fried dice of potato and small mushrooms both cooked in olive oil, and with crisp rings of fried onion. Chopped parsley will improve both appearance and flavour of a very savoury dish.

COD IN CIDER

Skin and bone the cod, or buy cod fillets, but see that they really are of cod, and cut them into pieces. Put them into a casserole with a tablespoonful of olive oil and a pint of dry draught cider, and season with salt and pepper. Add a piece of butter about half the size of an egg, which you have kneaded with flour and chopped parsley, onion and mushroom mixed together. Cook all quickly over the flame so that when the fish is done, the sauce has been suitably reduced.

COD'S ROE PIE

Boil a pound of cod's roe in salted water for twenty minutes, drain it, skin it and chop it up. Add to it a teacupful of breadcrumbs, a finely chopped hard-boiled egg, and some chopped parsley, and moisten with some of the stock in which the roe was cooked, seasoned with salt, pepper and anchovy essence. Put this mixture into a buttered pie-dish, cover with mashed potatoes, dot with margarine, and bake in the oven until the top is golden-brown.

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COD, SAVOURY

Flake up a pound of cooked cod in large pieces. Meanwhile you will have made half a pint of white sauce, to which you have added a teaspoonful of mushroom ketchup, and half a teaspoonful each of made mustard and anchovy essence, with salt and pepper to your taste. Mix the fish in with this, and put into a buttered baking-dish or scallop-shells. Sprinkle with buttered crumbs, and bake until they are browned, which will take about a quarter of an hour.

COD SOUNDS

These are a white skin adhering to the backbone of the fish. Soak them well for eight or ten hours, then boil them for an hour in half milk and half water, or until they are tender. They can then be served either whole or cut in pieces, with a suitable sauce to accompany them, or after being marinated they can be fried *à l'Orly* (see page 76) in batter. They are also good when curried.

COD STEAKS À LA MEUNIÈRE

Owing to the whiteness of its flesh, cod is sometimes difficult to fry in deep fat, but small cutlets from the tail-end can quite admirably be treated *à la meunière*, that is, seasoned, floured, and fried golden on each side in shallow fat. These are then dished with a squeeze of lemon and some chopped parsley over them, but an added piquancy can be given by a garnish of, say, strips of gherkin, or chopped capers, or

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pepper, and brown each side lightly in a little olive oil. When they are done, put them in a dish on a bed of thick tomato *purée*, and garnish with fried dice of potato and small mushrooms both cooked in olive oil, and with crisp rings of fried onion. Chopped parsley will improve both appearance and flavour of a very savoury dish.

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a few slices of fried mushrooms, or some tiny grilled or baked tomatoes.

COD STEAKS HOLLANDAISE

Poach as many inch-thick cod steaks as you require in as much water as will cover them, adding to the water some slices of lemon (but remove the pips), a few slices of onion, a sprig of thyme, a bayleaf and a good piece of butter or good margarine. When the fish is done, keep it warm, and cook a few small potatoes in the same liquor. Serve the fish with the potatoes round it, and hand a Hollandaise sauce.

COD, SALT, À LA CRÉOLE

Fry a minced onion in butter until golden, spread it on the bottom of a fireproof dish, and on it place two or three tomatoes which have been halved, fried in olive oil, and then finished in the oven sprinkled with chopped parsley, garlic, and breadcrumbs. Arrange the well-drained pieces of cooked flaked salt cod on this savoury bed, put three or four cut-up pimentos (sweet red peppers) on top, pour over a little lightly browned butter and a squeeze of lemon juice, and heat well through in the oven without browning.

COD, SALT, À LA LYONNAISE

If by any chance there were to be some salt cod left over, flake it up. Fry some slices of onions and of cooked potatoes as if you were making Lyonnaise potatoes, and when they are done add the pieces of

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fish, toss together until quite hot, then add a dash of vinegar and serve sprinkled with chopped parsley.

COD, SALT, PATTIES

Patties filled with cooked salt cod bound with a white sauce are really much more excellent than they sound, simple, and unusual. Try them.

COD, SALT, PIE

Cook the salt cod, after soaking in the usual way; flake it up and measure a little less than a pint of it. Put two teacupfuls of rice in just under a pint of cold water, bring to the boil and add a pint and three-quarters of milk. Simmer until the rice is nearly soft, then add three tablespoonfuls of butter, off the fire, and let it get cold. Then season with salt, pepper, and a teaspoonful of sugar, mix in the flaked fish and two beaten eggs, put into a buttered pie-dish, sprinkle with breadcrumbs, and bake in a fairly hot oven for an hour. If any of this unusual pudding is left over, it makes a good breakfast dish when sliced and fried.

COD, SALT, SALAD (SALADE CHANOINESSE)

This is really delicious. Soak two soft herrings' roes in milk, and then simmer them in a little boiling water for five minutes. Rub them through a sieve, add salt and pepper and a little mustard, and then make them into a sauce (in the same way as Mayonnaise) with oil and vinegar. Now slice four or five small cooked potatoes and put them into a salad bowl, on them

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arrange the flakes of a pound of cooked salt cod, well drained; arrange hard-boiled egg slices round, and put a heap of capers in the middle of the fish, and scatter over all a dessertspoonful of chopped chervil and tarragon mixed with some very finely minced onion. Hand the sauce separately.

COD, SALT, WITH EGGS (MORUE AUX OEUFs)

Quite one of the best ways of serving salt cod. Cook the fish, flake it, and keep it hot and dry. Scramble some eggs, and when they are beginning to set, stir in the cod and season with plenty of black pepper. A minute before serving (which must be done immediately the eggs are cooked) stir in a nice bit of butter or fresh margarine and a good squeeze of lemon juice.

COD STEAKS IN PAPER CASES

Season the cod steaks with salt and pepper, and sprinkle them with chopped onion and mushroom. Put each in a piece of buttered greaseproof paper, twisting the ends well together, and bake them in a moderate oven for half an hour. Dish the steaks, pour what is left in the cases over them, and hand a cheese sauce lightly flavoured with mustard.

COD WITH GHERKINS

Put some cod steaks in a greased dish, sprinkle them with salt, pepper and lemon juice, cover them with a buttered paper and bake them for twenty minutes in a moderate oven. Have ready some white sauce, made

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preferably with half milk and half fish stock, season with salt and pepper, bind with an egg-yolk and add a tablespoonful each of chopped capers and pickled gherkins. Stir until the egg-yolk is cooked, then pour the sauce over the steaks. You should add to the sauce the liquor which has come from the steaks while baking.

COD WITH HORSERADISH

Cook about two pounds of cod or hake, sliced or whole, in fish stock or water, and when it is done, drain it and keep it warm. With two tablespoonfuls of butter or good fresh margarine, the same of flour and sufficient of the fish stock, make a thick sauce. Flavour this with salt and pepper, a tablespoonful of lemon juice and finally a couple of tablespoonfuls of grated horseradish. Do not cook after the horseradish has been added. Pour the sauce over the fish on serving.

COD WITH ONION SAUCE

You do not often find fish served with onions, but try grilling some cod steaks, and serve them covered with onion sauce in the making of which a little fish stock has been added. A small spoonful of paprika pepper in the sauce improves it, in my opinion.

CONGER EEL, BAKED

Get a piece from the middle of the conger weighing about two pounds, stuff it with veal stuffing, and bake it in a moderate oven, basting well, for a couple of

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hours. Twenty minutes before it is ready, sprinkle it with a mixture of breadcrumbs, chopped parsley and chopped garlic or onion, and go on basting until this savoury coating is crisp and golden. Serve with the gravy thickened, and baked tomatoes.

CONGER EEL, FRIED

Not too large a fish for this, or the steaks will be tough. Cut it into steaks about three-quarters of an inch thick, roll these in seasoned flour, egg-and-breadcrumb them, and fry them in hot fat until lightly browned. They will take about ten minutes on each side, not less. Tomato sauce goes with them.

CRAAB, BAKED

This is Mrs. Roundell's recipe, acknowledged by her to 'Wyvern', that militant (and military) gourmet of the late nineteenth century. Take all the flesh from a medium-sized crab, tear it to shreds with two forks. Put this into a stewpan over a low fire, and moisten with a gill of good sauce made upon a fish-broth foundation. Cut up an ounce and a half of butter (or good margarine would do) into small squares, and add these by degrees, mixing in lastly one-third of the whole bulk of mashed potato. Work all together smoothly, and season with salt and pepper. Butter the shell, fill with the mixture, smooth over the surface with a palette knife dipped in hot water, dust over with grated Parmesan cheese, baste with melted butter (or margarine), and bake for a few minutes in a moderate

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oven. If liked, two ounces of boiled rice with about four ounces of breadcrumbs can be substituted for the potato.

CRAB CAKES

Take two breakfastcupfuls of flaked crab flesh, preferably fresh and not tinned, and mix with it a quarter of a teaspoonful of salt, a touch of pepper, and a beaten egg. Shape with floured hands into small cakes, and fry for two or three minutes in deep hot fat. Send to table with a sauceboat of Tartare sauce.

CRAB, DEVILLED

Flake the meat of a boiled crab, and mix it with a sauce made of a quarter of a pint of white sauce, a dessertspoonful of anchovy essence, the same of chutney, a teaspoonful of chilli vinegar and the same of mustard, seasoned with salt, pepper, and cayenne. Put the mixture back into the shell, cover lightly with browned breadcrumbs, and bake in a moderate oven for about a quarter of an hour. Sprinkle with chopped parsley before serving.

CRAB FRIED IN BATTER

Crab flesh makes a good fritter, and what could be easier than this? Chop up the crab meat coarsely, season it with salt and pepper, dip spoonfuls of it in fritter batter, and fry in deep fat. It is odd, but excellent, to serve a light mustard sauce with these, using French not English mustard in the making.

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CRAB, HOT (AMERICAN STYLE)

Put a layer of the soft part of the crab in the bottom of the cleaned shell, and cover this with a layer of pounded water biscuits. On this arrange the fleshy part of the claws, pouring over a spoonful of mushroom ketchup. Now sprinkle over some hard-boiled egg-yolks roughly chopped, season with salt, black pepper, and a little cayenne, smooth over this the rest of the soft part of the crab, brush with beaten egg and sprinkle liberally with buttered crumbs. Bake in the oven for twenty minutes to half an hour, and very good you will find it.

CRAB PIE

This is unusual. Chop up coarsely the meat from the crab. Line a pie-dish with short-crust pastry, and put a layer of fish forcemeat in the bottom. Cover this with well-seasoned crab meat, and then fill up the dish with alternate layers of crab and forcemeat, pouring in a little melted butter at the end. Cover with pastry, make a hole in the lid, and bake in a moderate oven for about half an hour. Just before serving, lift the crust and pour in a little more melted butter.

CRAB RISsoles

Flake the crab flesh, bind it with cheese sauce, and let the mixture get cold. Wrap small pieces of it in very thin pastry, brush these with beaten egg and then roll them in crushed vermicelli, and fry them in deep fat. The rissoles should be shaped like tiny turnovers.

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CRAB RISsoles (2)

Make some good white sauce, well flavoured with cheese and bound with the yolk of an egg. Mix the flaked crab meat with this. Roll out some puff pastry five inches wide, and as long as you like, and place on it, about an inch and a half apart, little heaps of the crab mixture about the size of a pigeon's egg. Moisten the edges of the pastry, fold it in half, pinch the edges together, and cut out the little rissoles with a cutter. Gild them with egg, and cook them in a very hot oven for twelve minutes. Serve at once.

CRAB, STEWED

An American recipe. Melt three dessertspoonfuls of butter in a saucepan, and add to it four ounces of chopped mushrooms and a small chopped onion. Stew for three minutes, and then add three teaspoonfuls of flour. Mix well together, and add four medium-sized peeled tomatoes, three teaspoonfuls of finely chopped celery, half a green pepper, and half a red pepper (*capsicum*) with their seeds removed and both finely chopped, and a seasoning of salt. Cook very slowly for a quarter of an hour, then add the flaked flesh of a cooked crab, and cook for another four minutes. Serve very hot, in a border of plain boiled rice.

CRAB WITH EGGS

Flake up the white meat of a cooked crab. Melt an ounce of margarine in a stewpan, mix in the soft part of the crab, and season with salt, pepper, and a touch

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of cayenne. Add a little milk, and the flaked crab meat, and let the mixture warm through. Now lightly beat half a dozen eggs, add them to the mixture, and stir them on a low heat until the mixture thickens. Then add half a teaspoonful of chopped parsley, and serve at once, remembering that if it is left in the pan the eggs will go on cooking. Finish with a few small bits of butter, stirred into the scramble with a silver fork.

CRAB WITH MUSHROOMS

Make an onion sauce, using two onions and a gill of milk, and season it with salt, cayenne and chopped parsley. When the sauce is ready, stir in a pound of chopped crab meat and seven or eight mushrooms peeled and finely chopped. Simmer together in a double saucepan for half an hour. Then stir in, off the fire, two beaten egg-yolks, fill shells or a dish with the mixture, sprinkle with buttered crumbs and bake quickly for five or six minutes to brown the top.

CRAB WITH RAVIGOTE MAYONNAISE

An American dish. Take two breakfastcupfuls of flaked crab flesh, fresh or tinned but preferably fresh, and mix with it a finely chopped hard-boiled egg, half a teaspoonful of finely chopped parsley, a touch of cayenne, a teaspoonful each of salt and of made mustard, and a moistening of three teaspoonfuls of olive oil and two good tablespoonfuls of vinegar. Fill half a dozen scallop shells with this savoury mixture and cover each with a layer of *Ravigote* Mayonnaise,

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garnishing with a lattice of strips of anchovy fillets.

The *Ravigote Mayonnaise* is made by pounding together three dessertspoonfuls of cooked and drained spinach, three teaspoonfuls of capers, three anchovies, a third of a breakfastcupful of parsley and a teacupful of watercress. When well pounded, squeeze them through a piece of cloth, and add to half a pint of mayonnaise sauce.

DUBLIN BAY PRAWNS

In happier days the knowledgeable amateur of good food would (if he could afford it) take his friends to the Savoy Grill, and feast them on the *scampi* of the Adriatic which used to be brought to London from Venice by aeroplane. A good imitation of these little prawns can be given by the Dublin Bay Prawn, if the tail is shelled, seasoned, egg-and-breadcrumbed, and fried crisp and golden in deep fat. Serve a tomato or tartare sauce with these delicacies, and mind you use up the rest of the little creatures to make not a *Bisque d'Ecrevisses* but a *Bisque de Langoustines*.

DUBLIN BAY PRAWNS, PILAFF, WITH CURRY

See *Pilaff of Sole with Curry*, page 77. But egg-and-breadcrumb the shelled Dublin Bay Prawns before frying them.

EEL, COLD (ITALIAN FASHION)

Cut the eels in pieces an inch and a half long, and fry them in deep hot olive oil until light golden. Drain

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them well on a cloth. In another pan put half to three-quarters of a pint of vinegar, bring to the boil, and add two or three chilli peppers and a few sprigs of rosemary. Put the eels into a deep dish, and pour the boiling vinegar over them. They are to be eaten cold.

EEL PIE (1)

While there are few ways of cooking an eel better than frying it or cooking it in the French manner *en matelote* (the recipe for which is barred from this book because it contains wine), an eel pie perhaps disguises this fish better than the other ways. Here is a simple recipe which may be approved. Cut the skinned eel into two-inch lengths, blanch the pieces for a minute, drain them and then fry them for about five minutes. Now season them with minced parsley and shallots or onions, salt, pepper, a tiny grating of nutmeg and a squeeze of lemon juice. Put a layer of fish forcemeat in the bottom of a buttered pie-dish, put in the pieces of eel, cover with pastry, puff or otherwise, and bake it. When the pie is done, reduce the stock which you have made from the trimmings of the eel, and pour it into the pie. This may be eaten hot or cold, but is more digestible when cold.

EEL PIE (2)

Cut a pound and a half of eels in pieces about two inches long. Put the heads, tails, and fins into a stew-pan with half a pint of white stock, simmer for about half an hour, and then strain and skim well. Put the

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pieces of eel in a pie-dish, seasoning well with salt and pepper between the layers, add a tablespoonful of mushroom ketchup and a dessertspoonful of lemon juice to the stock, and pour about half of it into the pie-dish. Cover with rough puff pastry, and bake in a fairly hot oven for about an hour. When the pie is taken from the oven, pour the rest of the stock, warmed, into it through a funnel.

EEL PUDDING

Skin, bone, and cut in pieces two medium-sized eels. Line a basin with suet crust and fill it with your pieces of eel, a third of their weight of pickled pork in small pieces. Chopped parsley and onion, and a couple of hard-boiled eggs. Fill up with veal stock or, better, the stock made with the trimmings of the eels, cover with more suet crust, and steam for two and a half to three hours.

EELS, FRIED

Small eels may be very attractively fried as follows. After skinning them, make some slight gashes in them from head to tail; twist them so as to make the figure of an eight, tie and skewer them thus, season them with salt and pepper, dip them in flour, and fry them in deep fat. Serve with fried parsley.

EELS, JELLIED

Cut two pounds of eels into two-inch lengths, and put them into a saucepan on a bed of vegetables con-

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sisting of two large onions and two medium-sized carrots both sliced, and a bouquet of parsley, thyme, and bayleaf. Season with salt and a few peppercorns, and just cover with cold water. Bring to the boil slowly, cover the pan, and simmer gently for an hour or so, until the pieces are tender. Take them out and put them into a deep dish, reduce the cooking liquor by about a third, and strain it over the fish. Leave in a cool place until the liquid sets in a jelly.

EELS, STEWED

Skin and clean two pounds of eels, cut them into two-inch pieces, and put them into a jar with two ounces of butter, a medium-sized onion cut in thin slices, salt, pepper, and a dessertspoonful of chopped parsley—nothing more. Cover the jar tightly and put it into a saucepan of cold water, and bring this slowly to the boil. From the time the water boils, the stewing of the eels should take about an hour and a half. When they are done, dish them, and pour over them the strained contents of the jar.

FISH AND BACON ROLLS

Have some fillets of fish roughly the same size as your bacon rashers, and lay a fillet on each rasher. Streaky bacon is best here. Give the fish a little squeeze of lemon juice and a sprinkling of pepper, and salt if the bacon will stand it, roll up the rashers and either stick them with a cocktail stick or tie them round with cotton. Put them in the oven in a fireproof dish, and

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bake until the bacon is done and the fish too. They will take about twenty-five minutes.

FISH CAKES (AUSTRALIAN)

These are boiled instead of being fried. Chop up a small onion and fry it in an ounce of margarine with a good tablespoonful of chopped ham or bacon. Then stir in an ounce of flour and a gill of milk, mix well together and boil for a few minutes. Take it off the fire, and bind with a beaten egg, adding half a pound of finely flaked cooked fish. Shape into little balls when cool, and poach them in boiling fish stock for five minutes or so. Serve with anchovy sauce, or some other according to your fancy.

FISH CAKES (CREOLE FASHION)

Chop up a large onion, a sprig of thyme, three sprigs of parsley and, if you like it (as you should), a clove of garlic. Season the flaked cooked fish with this, add a tablespoonful of butter or margarine and a third of the amount of fish of breadcrumbs. Mash all well together, shape into balls, roll these in beaten egg and then in breadcrumbs, and fry in butter or margarine until they are golden.

FISH CAKES, CURRIED

I have found on experiment that the following dish is usually much appreciated. Flake up your cooked fish 'remains' and mix them with a little cold boiled rice. Bind lightly with a thick but not too strongly flavoured curry sauce. Shape into small balls, egg-and-

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breadcrumb them and fry them. More of the sauce may be handed with them, or they may even be simmered for a few minutes in the sauce before being served.

FISH, CURRIED

Almost any fish can be curried, by using the sauce described under *Curried Prawns*, on page 64.

FISH CUSTARD

Arrange some half-inch thick steaks of hake or other similar fish (or fillets of sole, etc.) in a buttered fireproof dish, and season them with salt, a little lemon juice, and a touch of cayenne pepper. Now mix together two level tablespoonfuls of flour, a teaspoonful of curry powder, and salt and pepper to taste. Then rub in an ounce of butter or margarine, and half a teaspoonful of anchovy essence. Beat two eggs with a pinch of salt and half a pint of milk, and add them gradually to the first mixture, stirring all the time with a wooden spoon. When the custard is smooth and creamy, pour it over the fish, and bake for half an hour.

FISH, FILLETED, WITH ALMOND SAUCE

A queer-sounding American dish, but worth trying. Rub the fillets over with salt, and put them into a buttered fireproof dish. Dot them over with three dessertspoonfuls of butter or fresh margarine, and bake them in a hot oven for a quarter of an hour to twenty minutes according to their thickness. Now melt another

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ounce of butter in a saucepan, add half a teacupful of blanched almonds cut in thin strips, and brown these very lightly. Finally stir in slowly three dessertspoonfuls of lemon juice, and pour it at once over the fillets.

FISH, GOULASH OF

Use white fish of the large kind for this. Fry half a dozen sliced onions in lard or margarine until golden, then add the fish cut in two-inch long pieces without skin or bones. Sprinkle a tablespoonful of paprika pepper over the fish, and just cover with fish stock or water, adding salt to taste. Put on the lid and simmer for about an hour, not less, shaking the pan gently now and then but not stirring its contents. If the liquid reduces too much add a little more, boiling, during the cooking. Serve with plain boiled rice.

FISH IN MARINADE

I came across this West Indian dish many years ago. Boil two pounds of cod or hake or some such fish, skin and bone it, flake it, and when it is cold, put a layer in a salad bowl or other suitable dish in which it will be served. On this put some very thin slices of raw onion and pimientos (sweet red peppers) which can be bought in tins if not otherwise available, a bayleaf, one or two cloves, red pepper, freshly ground black pepper, and salt. Sprinkle with a few drops of olive oil here and there, and repeat these layers until the fish is exhausted. Finally pour over the whole not less than a glass of wine vinegar, and leave for at least two hours before serving.

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FISH PIE (WITH CHEESE)

Boil and divide into large flakes some cod, and par-boil about the same amount of potatoes. Cut these in slices, thickish ones, and in a rather deep fireproof dish put layers of potato, cod, white sauce, and grated cheese until the dish is full. Let the last layers be potato and the sauce: sprinkle the top well with grated cheese and breadcrumbs mixed together, and bake in the oven until the top is browned, and the potatoes cooked. It is pleasant to have the large flakes of fish and big slices of potato after the usual pre-masticated sort of pie the ordinary cook produces.

FISH PIE WITH PASTRY

Flake up some cooked fish, and mix it with chopped parsley and hard-boiled chopped egg, binding it with white sauce made with milk and fish stock. Roll some flaky pastry to a square of the size you want, put the fish mixture, when cold, in the middle, and fold the corners of the pastry to the middle, after damping the edges. Pinch the edges firmly together, and bake in a hottish oven for half an hour. Various additions according to your taste and pocket may be made to the contents of this pleasant turnover, and the sauce might be flavoured with cheese if preferred.

FISH PUDDING

With real suet this time. Line your pudding-basin in the usual way with your best suet crust and fill it with some such fish as cod, bound with a not-too-thick

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white sauce to which, for flavour, you will have added some shrimps, oysters, or mussels, to say nothing of a few white button mushrooms. Cover the basin according to the rules and steam as you would any pudding.

FISH STEW (FRESH HADDOCK)

Simple, but often satisfying. Have a fresh haddock filleted, and cut the fillets into convenient pieces. Make some broth out of the bones, head, and trimmings. Now put a layer of thickly sliced raw potato in the bottom of a stew-pan, on this a layer of sliced onions, and on this some of the fish. Season with salt and pepper, then repeat the layers, ending with potato. Strain as much as you want of the broth from the fishbones into the pan, put on the lid and bake for about half an hour.

FISH STEW (COLD)

Make equal parts of olive oil and vinegar hot in a stew-pan, then add a handful of chopped pine kernels, the same of chopped hazel nuts, a little chopped garlic, a tablespoonful or two of breadcrumbs, and salt and pepper. Add the fish you want to cook, either in fillets or cut in pieces, and simmer until it is tender. Let it get cold when cooked, and serve as it is, in the sauce.

FISH TIMBALE

Cook some potatoes and mash them well (about a pound and a half). Season them with salt, pepper, and a little grated nutmeg, and beat into them a couple of egg-yolks. Now butter a timbale mould, or a *soufflée-*

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dish plentifully, and sprinkle the inside all over with breadcrumbs, white or browned. The dish should be just large enough to hold the potato mixture. Now bake it in the oven for forty minutes, take it out, and cut the top off smartly in one piece, and scoop out the potato inside to leave a wall all round the sides about an inch thick. Paint the inside with white of egg, and put the thing back, case and all, in the oven to dry. Meanwhile make a sauce with an ounce of butter or margarine, the same of flour, and enough milk to give it rather a stiff consistence; season it with salt, pepper, a spot of curry powder, and a good touch of anchovy essence. Now, in this sauce, warm up any left-over white fish you may have, or open a tin of crab or lobster, and add, if you need more substance, a few tinned and quartered mushrooms. Put this into the timbale, put on the lid again, and press it well down. Now turn the mould upside down on a dish, and after a few seconds it will turn out perfectly well. It must, of course, be very hot when served, and here a tomato sauce does duty very well.

FISH TOAD-IN-THE-HOLE

Fish steaks, fillets or even whole fish of the right size may be used in this dish. Melt a small piece of margarine in a fireproof dish, and lay in it the fish, sprinkled with salt, pepper, grated carrot, and finely chopped parsley. Make a batter with four ounces of flour, an egg and half a pint of milk, and pour this over the fish. Bake in a moderate oven for just under the hour. A little onion can be added to the seasoning if you like.

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HADDOCK CROQUETTES

Lady Clark of Tillypronie, in her *Cookery Book* (1909), says: "Pick what is left off the bones of cooked haddock or whiting, and pound or mince it fine; mix with good sauce and seasoning, shape into balls and fry. If short of fish you can add one-third of mashed potatoes. They are best served", she adds, "in curry sauce."

HADDOCK, SMOKED, À LA TARTARE

Make a smooth and creamy *purée* from the flaked flesh of a cooked smoked haddock, heap it up, cold, on your dish, pour a thick tartare sauce over it, garnish with tomatoes, hard-boiled eggs and tarragon—and hurry home to supper!

HADDOCK, SMOKED, CURRIED

Slice up half an onion, and stew it until soft but not at all browned in three dessertspoonfuls of margarine. Add the mashed yolks of two eggs, and three-quarters of a pint of milk. Now add a teaspoonful, or more, of curry powder, a teacupful of boiled rice, black pepper, and a little salt, and two breakfastcupfuls of flaked cooked smoked haddock. Mix well together, and bake in the oven until hot all through, then sprinkle with browned or buttered crumbs, and brown quickly.

HADDOCK, SMOKED, FRITTERS

Flake up half a pound of cooked smoked haddock with a little of the liquor it was cooked in, add two

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ounces of self-raising flour, half an ounce of finely chopped parsley, a dash of cayenne pepper and a little salt if necessary. Moisten with enough milk to make the mixture the consistence of a sponge sandwich mixture. Drop it into deep hot fat in tablespoonfuls until golden brown.

HADDOCK, SMOKED, OMELETTE ARNOLD BENNETT

Add a finely chopped fillet of cooked smoked haddock to the eggs (this is an omelette of six eggs), and a little black pepper. Cook the omelette in the usual way, but do not overcook it. Turn it quickly out flat on a dish, coat it with cheese sauce bound with an egg-yolk, sprinkle with very finely grated Parmesan, and brown rapidly.

HADDOCK, SMOKED, PANCAKES

Flake up some cooked smoked haddock finely, and mix it with an equal amount of thickish white sauce seasoned with cayenne pepper. Make some unsweetened pancakes and cut them into oblongs about two inches by four. On half of these oblongs put a tablespoonful of the haddock mixture, and cover these with the remaining oblongs, brushing the edges with beaten egg and pinching them well together. Now egg-and-breadcrumb them, fry them in deep fat, and serve them with fried parsley.

HADDOCK, SMOKED, SAVOURY FASHION

Cut the smoked haddock into neat pieces. Put them

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into boiling water for two minutes, then drain them and put them into a greased dish. Cover a piece of haddock with some fat bacon dice, add a slice of tomato, and then put another piece of fish on top. Bake slowly for half an hour. Serve with mashed potatoes.

HADDOCK, SMOKED, WITH BACON

Put the haddock into a frying-pan, cover it with cold water, bring to the boil, and simmer for five minutes. Drain well and put it into a fireproof dish. Now cover it with rashers of bacon, and bake in a moderate oven until the rashers are cooked.

HADDOCK, SMOKED, WITH CHEESE

See Kippers *au fromage* (page 50), but cook the haddock a little first before draining it and spreading it with the cheese.

HADDOCK, SMOKED, WITH CHEESE (2)

Cook the haddock in a little milk, skin it carefully and transfer it whole into a fireproof dish. Coat it with well-flavoured white sauce, sprinkle with grated cheese, and brown quickly in a hot oven or under the grill. The sauce will be improved (as will the appearance of the dish after browning) by the addition of a yolk of an egg.

HADDOCK, SMOKED, WITH POTATOES

Put a smoked haddock into a baking-tin, cover it with milk and water (half and half) and put it into a

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very slow oven for half an hour. Take it out and put it into a fireproof dish, cover it with white sauce, and surround it by half a dozen raw potato halves. Then bake in a moderate oven until the potatoes are done, which will take about forty minutes.

HALIBUT (SHATTUCK HALIBUT)

Butter a fireproof dish, and lay in it a pound and a half steak of halibut, sprinkling it with salt and pepper, and arranging on the top five or six thick slices of peeled tomato and some very thin strips of green pepper (*capsicum*). Bake in a hot oven for half an hour, basting frequently, with melted butter or fresh margarine and with the liquid in the dish.

HALIBUT, BAKED, WITH CHEESE

Take one or more halibut steaks, season and flour them, and put them into a well-greased baking-dish with a spoonful or two of fish stock. Bake, covered with greased paper, and when the fish is done you can:

(1) Cover it with cheese sauce, and serve it at once, or:

(2) Cover with Welsh Rabbit mixture, and brown quickly under the grill.

HALIBUT, HOLLENDEN

An honest-to-goodness American dish. Put half a dozen thin rashers of blanched pickled pork in a fireproof dish, sprinkle them with thinly sliced onion and

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put a bayleaf in the middle. Lay on this bed a slice of halibut weighing about two pounds, and spread on it three full tablespoonfuls of butter or good margarine kneaded with an equal quantity of flour. Sprinkle with buttered breadcrumbs, and arrange a few more narrow strips of pork on the top. Cover with a buttered paper, bake in a moderate oven for thirty-five minutes, then take off the paper, and finish for another quarter of an hour. Hand a white sauce made with the cooking liquor instead of butter.

HERRING BALLS

Parboil two or three herrings, skin them and remove the flesh from the bones, and mix this with an equal amount of mashed potato, seasoned with salt and pepper. Shape into balls, egg-and-breadcrumb them, and fry them in deep fat.

HERRING ROE FRITTERS

Season the soft roes lightly, dip them in fritter batter and fry them golden in deep fat. Serve garnished with fried parsley.

HERRINGS À LA PORTIÈRE

Score the herrings two or three times on each side, and dip them in a little milk. Roll them in seasoned flour, and fry them on both sides in a little butter or margarine. Arrange the cooked fish in a dish, brush them over with made mustard, not too stiff, and sprinkle them with chopped parsley. Keep them hot. Put some

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more butter or margarine into the pan in which the fish were cooked, and cook it until it colours a little and smells nutty. Pour it quickly then over the herrings, add a dash of vinegar to the pan, swirl it round and pour this over the fish, too. Serve at once.

HERRINGS BAKED IN PASTRY

Scale, wash, and clean the herrings, and lay each on a piece of pastry the same size as the fish, or just a little bigger rather, sprinkling with salt, pepper, and minced onion, and adding one or two tiny bits of butter or margarine. Cover with another piece of pastry, pinch the edges well together and bake in the oven for twenty minutes to half an hour according to the size of the fish.

HERRINGS, BOILED

Sprinkle the herrings with salt, dip them for a second in vinegar, and then plunge them in boiling water, and let them simmer for about ten minutes. Hand a strongly flavoured parsley butter with them.

HERRINGS, GRILLED

Make two or three fairly deep incisions in each side of the prepared herrings, and rub them over with a little made mustard. Roll them then in breadcrumbs seasoned with salt and pepper, and grill them carefully on each side, sprinkling them now and again with a little olive oil.

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HERRINGS IN BATTER

Make a fairly stiff batter with three ounces of flour, one egg and milk, seasoning with salt. Pour this into a fireproof dish, and in it place the four rolled fillets of two fresh herrings. Bake for half an hour in a moderate oven and the batter is done.

HERRINGS IN PASTIES

A minor variant of the rather monstrous-looking star-gazing Pie. Clean the fresh herrings and take out the backbones, leaving on the head and tail. Stuff them with ordinary veal forcemeat, and put each one whole into a pastry patty, with the head and tail sticking out at each end. Half an hour's baking will see them done.

HERRINGS NANTAISE

Score the herrings in three or four places on each side, flour them and egg-and-breadcrumb them. Cook them in a little batter until golden on each side. Then serve them with a sauce made from their mashed soft roes (poached), flavoured with a little mustard and finished with butter.

HERRINGS' ROE OMELETTE

Poach some herrings' roes, soft of course, in a little *Maitre d'Hôtel* butter (that is, butter seasoned with salt, pepper, chopped parsley, and lemon juice), and when they are done, make a plain omelette, and when it is done, stuff it with the roes, and pour some more of the *Maitre d'Hôtel* round it. The restaurant name for this

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extremely good dish is *Omelette Boulonnaise*. A variation might be achieved by making the omelette slightly flavoured with cheese.

HERRINGS' ROES, FRIED

One of the nicest dishes of fish, to eat and to look at, is one that is heaped up with golden egg-and-bread-crumbed and fried soft herrings' roes. Fried parsley should accompany them, and tomato sauce if you like, or mustard sauce if the roes are too rich for you.

HERRINGS, SPELDERED

Scale and clean the herrings, and take off their heads and tails. Also remove the backbone. Lay them in a baking-dish, dust them with cayenne pepper, squeeze lemon juice over them, and put a nut of beef dripping on each. Cook them under the gas-grill, and serve with cut lemon.

HERRINGS WITH ONIONS

Take the backbones out of your herrings, and stuff them with onion-rings fried golden-brown. Grill the herrings in the usual way, and serve immediately. There is no reason why the usual accompaniment of mustard sauce should not be at hand.

JOHN DORY AU FENOUIL

Any one who has tasted this delicious dish at Prunier's will want to become possessed of a double grid, if they have not got one already. The recipe can

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be applied to other fish such as soles, red mullet, even mackerel, but small John Dory seem to be the best for it. The fish is first grilled in the usual manner, and is then placed on the double-sided grid. On a large metal dish a heap of dried fennel is laid, the fish is put over this, and the fennel is lighted. As the herb burns, the fish is turned over so that each side receives some of its fragrant flavour. Experiments might well be made by ambitious eaters with other herbs and other fishes.

JOHN DORY WITH CHEESE AND ASPARAGUS

Have the fish filleted: smallish ones are best, and they will give two fillets. Season and flour the fillets, and fry them golden on each side in a little butter or margarine, Dish them, garnishing them with asparagus tips, warmed in butter, and sprinkle grated cheese over all. Brown this very quickly, and serve at once.

KEDGEREE

There are many versions of this famous dish. I have always found the following one to be simple and attractive. Measure out your rice, and melt some butter or margarine in a stew-pan: about an ounce to half a pound of rice. When the margarine is hot, add a pinch (no more) of curry powder and, if you like, a little onion salt. (Failing onion salt, cook a little chopped onion in the butter for a minute or two and then take it out: it is only for the flavour.) Now add your rice, which should be unwashed, and stir it with a wooden spoon until it is very lightly fried, but not in the least

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browned. Now add twice as much boiling fish stock as there is rice, bring to the boil, put on the lid of the pan, and cook in a moderate oven, in the middle shelf, for twenty minutes only. The rice should then be cooked, and the stock all absorbed. Take it out of the pan at once, and put it into a covered dish with some more margarine, or butter, stirring it very lightly with a fork. Now add the pieces of fish, smoked haddock, prawns, shrimps, salmon, lobster, or other fish which you have been keeping hot. Chop up a hard-boiled egg or two rather coarsely, and add these with some freshly chopped parsley. The kedgeriee is ready, and I think you will find it good. The stock must of course be nicely seasoned.

KIPPERS AU FROMAGE

A curious dish worth trying when something really savoury is needed. Put your kippers in a baking-tin, skin side downwards, and sprinkle them rather thickly with grated cheese, adding a few small pieces of margarine here and there. Cook them quickly under the grill or in the oven, so that the cheese melts and browns while the fish are cooking. Mashed potato is suggested with this experiment.

LEMON SOLE

See under SOLE, pages 73 to 78.

LING, BAKED

Cut two pounds of ling into three-quarters-of-an-

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inch slices. Put these into a baking-dish with two ounces of margarine, plenty of salt and pepper and a good pinch of mace. Cover with greased paper, and bake for about an hour, basting now and then. When half done, make a white sauce with butter, flour and three-quarters of a pint of milk. Pour this over the fish, and finish cooking in the oven.

LING, FRIED

See Conger Eel, Fried (page 26).

LOBSTER, DEVILLED

See LOBSTER, GRILLED on page , but flavour with a little mustard the butter or margarine which you sprinkle on the cut halves, and sprinkle them afterwards with browned breadcrumbs. After grilling serve the lobster with some rather highly seasoned *Maitre d'Hôtel* butter, into the seasoning of which a little mustard has also been introduced.

LOBSTER ECLAIRS

Make some éclairs with unsweetened paste. Cut up the lobster, or lobster-tails, in small pieces, and bind them with a good thick white sauce flavoured with anchovy. Fill the éclairs with this mixture. They can be eaten hot or cold, and if cold, may be brushed over on top with a little fish glaze or jelly. Eclairs can be filled in this way with any fish mixture, and are excellent for snack parties.

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LOBSTER, GRILLED

Many, I know, will agree with me that this is the supreme manner of serving lobster hot. Unfortunately many people are deterred from it by the fact that the lobster must be raw when it is cut in half for grilling. This does not mean that it must be cut in half alive, for there is a simple way of killing a lobster, of which any fishmonger will tell you. But you must not kill it until the moment before you want to cook it. Having cut the lobster in half, then, lay the two seasoned halves cut side uppermost in a metal baking-dish, sprinkle with melted butter or good fresh margarine, and grill them carefully. Serve melted butter with this, and nothing else. You get, as in no other way, the full and complete flavour of this admirable crustacean.

LOBSTER KEDGEREE

See Kedgerree (page 49), using bits of cooked lobster or Cape lobster tails.

LOBSTER PANCAKES

Make some pancakes with unsweetened batter, keeping them as thin as possible. Keep them warm while you toss, in butter, some flaked lobster. Season this well with paprika pepper, and bind with a thick Béchamel (white) sauce, to which you have added a spoonful of tomato *purée*. Stuff the pancakes with this mixture, arrange them in a long fireproof dish, cover them with more Béchamel sauce, sprinkle with grated cheese, and brown quickly before serving.

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LOBSTER RISsoles

See CRAB RISsoles (page 28), but use lobster or Cape lobster tails.

LOBSTER TAILS, DEVILLED

Cape lobster tails can be used for this. Split them in half, and take out the flesh. Cut it up finely and pour on to it an ounce and a half of melted margarine, and add three tablespoonfuls of breadcrumbs and two tablespoonfuls of thickish white sauce. Season highly with cayenne pepper, press the mixture lightly into the shells, dot with margarine, and bake for about twenty minutes in a moderate oven to brown. These can be served hot or cold, and the sauce may be flavoured with a little French mustard, if liked.

MACKEREL À LA FLAMANDE

Fillet the mackerel, and poach them. Drain them well, and serve them covered with a white sauce made with fish stock (from their trimmings) and slightly flavoured with mustard.

MACKEREL À LA FRANCILLON

Unless the mackerel are very small indeed, have them filleted. Grill the fillets, and dish each on a piece of fried bread the same size as the fish, the fried bread having first been spread with a mixture of anchovy and *Maitre d'Hôtel* butters. Garnish with straw potatoes, and hand a tomato sauce.

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MACKEREL À L'INDIENNE

Have the mackerel filleted, and poach the fillets. When they are done, drain them carefully, mask them with curry sauce, and hand boiled rice separately.

MACKEREL À LA PROVENÇALE

See RED MULLET À LA PROVENÇALE, on page 58.

MACKEREL AU BEURRE NOIR

Have the mackerel filleted. Fry them in a little butter or fresh margarine, and when they are done, sprinkle them with capers and grated cheese (if possible, Parmesan), and add at the last a little black butter (*beurre noir*). Make this by cooking the butter in a frying-pan until it just begins to turn brown (but not black, or it will be burnt); then finish with a few drops of vinegar swilled round the pan.

MACKEREL, FRIED

One of the best ways of serving mackerel, from my own experience, is this. Have the fish filleted, and then roll them in seasoned flour and egg-and-breadcrumb them. Fry them in deep fat, and serve each fillet surmounted by a pat of mustard butter, which is made by kneading butter (or margarine) with made mustard, preferably French. If anchovy butter is preferred, it may be used. And if the fish have soft roes, egg-and-breadcrumb the roes, and fry them, too. They are quite delicious.

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MACKEREL, GRILLED (CAPE COD FASHION)

Split a well-cleaned large mackerel, and rub it inside and out with a tablespoonful of olive oil which you have mixed with a little salt and pepper in a saucer rubbed round with a cut clove of garlic. Grill the fish until brown on both sides, and serve it with lemon juice and melted butter sprinkled over it.

MACKEREL IN PAPER CASES

Keep the mackerel whole (they should be small ones), and stuff them with the following butter: chopped shallots or spring onions, parsley, salt, freshly ground black pepper, lemon juice and butter all kneaded together. Wrap each fish in a piece of buttered greaseproof paper, twisting the ends well together; brush these on the outside with olive oil, and grill or bake them slowly for three-quarters of an hour. Dish the mackerel with the contents of the cases poured over them.

MACKEREL, ROAST

Mrs. Webb has a dish of roast mackerel in her *Farmhouse Cookery*, which hails from Cornwall, though I confess I never tasted it whilst I lived there. Clean, wash, and dry the mackerel, she says; lay them in an earthenware dish, and bake them for twenty minutes. Remove the backbones, and return the fish to the oven. Make a sauce with half a pound of green gooseberries, a tablespoonful of butter, and a teaspoonful of chopped parsley boiled together with pepper and salt. Pour the sauce over the mackerel, and serve very hot.

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MACKEREL ROE FRITTERS

See HERRING ROE FRITTERS on page 45.

MACKEREL WITH MUSTARD

Make some thin mustard with mustard, flour, salt, pepper, and vinegar, or water and vinegar, half and half. Score the mackerel three or four times on each side and put some of the mustard into each incision. Bake the mackerel in a greased tin with a few small bits of margarine on top. An ordinary sized fish will take half an hour.

MACKEREL WITH WHISKY

Another American fashion. Lightly grill four or five very small mackerel whole, and when they are done, arrange them side by side in a well-greased fireproof dish. Melt three teaspoonfuls of butter, mix them with a pony-glass of whisky, and pour this over the fish. Now sprinkle them with a mixture of three teaspoonfuls of chopped parsley and three dessertspoonfuls of chopped shallots or onions, a little salt and a touch of cayenne pepper. Bake for ten minutes in the oven, basting them twice. Serve them garnished with cut lemon, and hand melted butter with them.

MULLET, GREY, ROASTED

Get a large grey mullet, clean it and wash it well and leave it for an hour or two before cooking sprinkled with salt. Now fry four sliced onions in olive oil until golden, put them into a fireproof dish,

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and lay the mullet on them. Sprinkle it with plenty of chopped parsley, then cover with sliced tomato and some more of the fried onion. Pour over the oil in which the onions were fried, a teacupful of water, half a teacupful of tomato sauce and the same of wine vinegar, and bake in a moderate oven for an hour. Serve garnished with the vegetables, and the sauce poured over. It can be eaten hot or cold.

MULLET, RED, À LA FRANCILLON

See Mackerel *à la Francillon* (page 53) but use red mullet instead. The mullet, however, should be whole and not filleted.

MULLET, RED, À LA GRENOBLOISE

Get small mullets for this, season them, dip them in flour, and fry them golden on each side in a little butter. When they are done, dish them sprinkled with nut-brown butter (*beurre noisette*), lemon juice, capers, and chopped parsley.

MULLET, RED, À LA LIVORNAISE

This is perhaps the most famous, and certainly the most savoury, way of cooking a very delicious fish, which should be either left uncleaned or, better, cleaned but with the liver left in. It is cooked in the following sauce. Put four or five tablespoonfuls of olive oil into a saucepan, and when it is hot, add two chopped cloves of garlic, a handful of chopped parsley and a small stick of celery also chopped. As soon as the

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garlic begins to brown, add three or four large chopped tomatoes, season with salt and pepper, and simmer until the tomatoes are a pulp. Rub through a sieve, and cook the fish for about twenty minutes in this sauce, turning once or twice if necessary. Sprinkle with chopped parsley on serving.

MULLET, RED, À LA NIÇOISE

One of the most popular restaurant mullet dishes. The fish is grilled, and served garnished with roughly chopped tomato, decorated with strips of anchovy fillets and with stoned black olives. Anchovy butter is handed separately.

MULLET, RED, À LA PROVENÇALE

Season, flour, and fry the mullet in a little butter, fresh margarine or, best, olive oil. When cooked, garnish with roughly chopped tomatoes flavoured with garlic, and surmount each fish with a stoned olive on a curled anchovy fillet. Pour some nut-brown butter (*beurre noisette*) seasoned with lemon juice and chopped parsley over all at the last minute.

MULLET, RED, AU PLAT

Heat a little olive oil in a shallow fireproof dish, put in the fish and sprinkle with chopped onions and parsley and browned breadcrumbs. Sprinkle with a few more drops of oil, and bake in the oven until the fish is done. Just, on serving, add a little lemon juice.

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MULLET, RED, BAKED

Make two or three incisions on each side of the mullet, which should not be too large, season them with salt and pepper, sprinkle them with a few drops of lemon juice and a little olive oil, and lay them on a bed of lemon slices and broken parsley stalks. Leave them there for two hours, turning them now and again, and then bake them carefully, basting them with the marinade in which they have been lying. They should take round about twenty minutes. Hand half-melted *Maitre d'Hôtel* butter on serving.

MULLET, RED, GRILLED

Very simple and delicious. The fish is grilled, and served accompanied by melted butter to which a squeeze or two of lemon has been added.

MULLET, RED, MONTESQUIEU

If you have the courage to ask your fishmonger to fillet the red mullet, cook them in this way. Season the fillets with salt and pepper, and roll them in melted butter with which you have mixed some chopped chives and parsley. Then fry them in a little butter, and serve them with nut-brown butter (*beurre noisette*) seasoned with chopped parsley and lemon juice.

MUSSELS À LA CATALANE

"Open" the mussels as described on page 60, but add to the contents of the pan a little minced onion, parsley stalks, and coarsely ground pepper. When they

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are done, take off one shell and keep the mussels hot, while you strain the liquor from the mussels and let it reduce a little. Now make a sauce by frying some chopped onion in butter or margarine, sprinkle with flour and moisten with the mussel liquor to which you have added a squeeze of lemon juice. Pour this sauce, strained again, over the mussels.

MUSSELS À LA ROCHELAISE

“Open” the mussels as described below. Remove the empty half of the shell, and stuff the other with butter kneaded with flour (*beurre manié*), mixed with finely chopped shallot or onion, thyme, parsley, chives, chervil and tarragon and a little lemon juice. Brown the tops quickly before serving, sprinkling with a few breadcrumbs.

MUSSELS, FRIED

Clean and “open” the mussels as described below. Then take them from the shells, and fry them in a frying-pan with butter or good fresh margarine, some chopped shallot or onion, garlic and parsley chopped together and some breadcrumbs. Shake the pan well while they are frying, and when the breadcrumbs are golden, serve at once.

MUSSELS WITH PILAFF

Open the mussels quite simply by putting them into a saucepan without any water, sprinkling them with a little salt, covering them with a wet cloth, and letting

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them steam until the shells begin to open. Remove them from the shells, and take away the little weed which is under the black tongue. When they are cold, dip them in milk and then in flour, and fry them in deep fat like oysters. Serve them in a heap in the middle of a savoury pilaff of rice flavoured with saffron.

OYSTER SAUSAGES

Although this is not strictly a fish dish, it may be useful for a cocktail party where originality is needed. For a pound of veal you will want a dozen to two dozen "sauce" oysters, the larger number being of course better. Open them and strain their liquor over a quarter of a pound of stale breadcrumbs; when it is all absorbed, mash up the bread well with a fork. Mince the veal as finely as you can, and add it to the soaked breadcrumbs with a quarter of a pound of finely chopped suet, seasoning with salt and pepper. Mix well, and then add the oysters cut up in small pieces, and beaten with an egg. Pound all this well together, and either press into skins or make into small sausage shapes, which after flouring lightly fry in butter. Eat hot or cold.

OYSTERS À LA FAVORITE

Poach the oysters in their own juice, and spread the bottoms of each deep shell with a little Mornay (cheese) sauce. Then put in the oyster (adding on top of it a thin slice of truffle, if you can afford it), cover with more of the sauce, sprinkle with grated cheese, and brown quickly.

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OYSTERS EN BROCHETTE

Skewer some oysters alternately with small mushrooms and pieces of bacon cut the same size as the oysters. Grill or fry in a little butter until the mushrooms and bacon are done, then serve seasoned with lemon juice and a little cayenne.

OYSTERS, FRIED

(1) Season the oysters with salt and pepper, roll them in fine breadcrumbs, then dip them in beaten egg and roll again in crumbs. Fry in deep hot fat for two minutes, and serve well drained.

(2) Roll the oysters in corn-meal seasoned with salt, and fry them in hot lard. Drain and serve with parsley and cut lemon.

(3) Season the oysters and flour them very lightly. Dip them in fritter batter, and fry them in deep fat. Hand tomato sauce with them.

PIKE FILLETS À LA MAÎTRE D'HÔTEL

Fillet three small pike, cut each fillet in halves and lay them, skin side downwards, in a buttered frying-pan. Season them with a little pepper and some chopped shallots, cook them on a slow fire for five minutes, then turn them and cook for another ten, but keep the fillets quite white. Then dish them, and serve them with half-melted *Maître d'Hôtel* butter poured over them.

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PLAICE, FRIED (COLD)

There are always devotees of this dish, which I believe is of Jewish origin, and very good it is. But it must be specially cooked like this. The fillets should first be dipped in flour seasoned with salt and pepper, and then in well-beaten egg. They are then fried in shallow oil until golden brown on each side. It should be noted that when frying fillets of fish, the skin side should be cooked first, as this prevents the fillets from curling up. Drain them well when done, and let them get cold.

PRAWN FRICASSÉE

Have ready some prawns, freshly tinned or "glassed", and fry them lightly in butter without browning them at all. Now cook them for a quarter of an hour or so in a well-flavoured white sauce made with half milk and half fish stock. Finish off the fire, with a yolk of egg beaten in a little lemon juice, and stir in some freshly chopped parsley. Dish in a border of very hot plainly boiled rice, and garnish further, if you like, with little heaps of green peas.

PRAWN PANCAKES

Get a tin or glass of prawns or shrimps and toss them in a little butter or margarine to heat them well through, then bind them with a little thick white sauce made with milk and fish stock. Season with pepper and salt, and add a few drops of onion juice or some finely chopped chives. Make some thin pancakes,

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unsweetened, stuff them with this mixture, roll them up, arrange them on a long dish, sprinkle them with a little melted butter and grated cheese, and brown very quickly. (If the prawns are large ones, they had better be cut up first.)

PRAWNS, CURRIED

Make a curry sauce in this way. Fry a couple of small onions finely sliced in two ounces of butter or margarine, adding if you take my advice a clove or half a clove of garlic. Stir in a tablespoonful of good curry powder, and season with salt. Now add half a pound of peeled and quartered tomatoes, and a little water—enough to make a thickish sauce. Simmer this for a little, then put in the prawns, fresh or from a tin or glass, and simmer them very gently indeed for a quarter of an hour. Serve with plain boiled rice.

PRAWNS, FRIED

Fresh cooked prawns may be shelled, and tossed in very hot butter or olive oil until they begin to brown slightly. But it must be done very quickly, and they are served at once, dusted with cayenne pepper.

ROCK SALMON (ROCKFISH) (1)

This dingy-looking fish tastes better than it looks. Try cooking it one day in the manner described for COD STEAKS À LA MEUNIÈRE on page 21.

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ROCK SALMON (ROCKFISH) (2)

Get steaks of the rock salmon about an inch thick, season them well with salt and black pepper, and dip them lightly in flour. Fry them golden on each side in a little butter or good margarine. While they are frying, heat up some Escoffier's Derby sauce, adding a few drops of water and a few pieces of butter. Cut up a few pickled gherkins in tiny strips, and criss-cross the steaks with these, putting a caper in each square. Let them warm through and serve the steaks surrounded by the sauce, handing some plainly boiled potatoes with them.

SALMON BOX

Line a buttered square bread or cake tin with warm steamed or boiled rice, well-dried, and fill up the middle with flaked cold boiled salmon seasoned with salt, pepper, and very little grated nutmeg. Put a lid of rice on the "box", and steam for an hour. Turn out to serve, and pour egg sauce round it.

SALMON BRETONNE

An excellent dish and a change from the usual run of salmon dishes. Cut the raw salmon into cubes of about one-inch sides, and fry them quickly in butter or margarine with a few small fresh mushrooms. When half-cooked, put the pan into the oven, and let them finish cooking there, then drain them and serve them sprinkled with chopped parsley, lightly browned butter (*beurre noisette*) and a little lemon juice.

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SALMON, COLD FRIED

See PLAICE cold, fried (page 63), but use very thin salmon steaks.

SALMON COLLOPS

An interesting sauce here, if you can get the fennel. Cut the raw salmon fillets into thin collops. Season them with salt and pepper, and fry them in a shallow pan in a little butter or good margarine. Place them in a dish, and serve with the following sauce: Take a spoonful of fennel, mint, and parsley, boil them for five minutes and then chop them finely. Mix them with half a pint of Béchamel sauce, and add a little meat glaze. Season with salt, cayenne and the juice of half a lemon.

SALMON CUTLETS À LA POJARSKI

Pound up three parts uncooked salmon with one part fine white breadcrumbs (in weight), the breadcrumbs having first been soaked in milk and then pressed as dry as possible. Season the mixture with salt and pepper, and shape into cutlets. Flour these lightly, egg-and-breadcrumb them and fry them in clarified butter or margarine. It is the Russian custom to hand sour cream with these cutlets (which, by the way, are economical as well as excellent), but English people may prefer another suitable sauce.

SALMON EN COQUILLES

Imported salmon can be used for this. Flake it when it is cooked, and serve it in either of these ways:

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Coquilles Edward VII: the flakes are bound with a curry sauce.

Coquilles Mornay: the flakes are bound with a Mornay (cheese) sauce, and contained in a border of Duchesse potatoes. A little grated cheese is sprinkled over the fish mixture only, and the *coquilles* are browned quickly in the oven or under the grill.

SALMON IN TOMATO SAUCE

Imported salmon will do for this too. Get steaks about an inch thick, and put them into a buttered fireproof dish. Sprinkle them with salt, pepper, a little grated nutmeg, a teaspoonful of chopped parsley, and two small shallots finely chopped. Dot with butter or good margarine, pour over a wineglassful of dry cider, and bake for about a quarter of an hour, basting the steaks the while. Keep the fish warm, while you make a tomato sauce with the liquid from the fish, and some tomato *purée*. Thicken by reduction, and pour over the steaks on serving.

SALMON KEDGEREE

See KEDGEREE (page 49), using cold flaked salmon.

SALMON PUDDING

A Swedish dish. Salt the salmon by rubbing it well with salt and leaving it for twenty-four hours. Then slice a pound of it, and a pound and a half of potatoes, and put them in alternate layers in a pie dish. Beat three eggs in three breakfastcupfuls of milk, add a tea-

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spoonful of melted butter, and pour over the other ingredients. Sprinkle with a couple of tablespoonfuls of breadcrumbs, and bake in a moderate oven for about twenty minutes. Hand melted butter with it.

SALMON, SMOKED, COOKED

Cut the smoked salmon into thin and small slices, brush them with olive oil, and wrap them in little pieces of oiled paper, which you must also brush over with oil on the outside. Grill these pieces slowly for about eight minutes, turning them two or three times, and serve them either with melted butter rather liberally peppered and flavoured with a squeeze of lemon juice, or with any other appropriate sauce you may fancy.

SALMON, SOUSED

A gift salmon may sometimes be a bit embarrassing. This recipe will help to prolong its usefulness and vary its presentation too. Put the piece of boiled salmon in a deep dish, and boil enough vinegar to cover it, adding two small bayleaves, four cloves, six long peppers, ten dried juniper berries, a little salt, and a lump of sugar. Pour the vinegar boiling over the fish, and leave to get cold.

SALMON WITH ANCHOVIES

Imported salmon can be used here again. Let the salmon steaks lie first for half an hour or so (turn them once) in a marinade of olive oil, with onion and parsley chopped together. When ready, anoint the steaks with

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melted butter, or with oil, grill one side, and before you put the other side under the grill, lay three or four anchovy fillets across it.

SCALLOPS À L'ÉTOUFFÉE

Wash and drain the scallops carefully, and put them whole into a buttered saucepan. Now add peeled and sliced mushrooms (allowing two or three to each scallop), salt, pepper, and a little lemon juice. Do not add any more liquid, but put the lid on firmly, and cook very slowly for twenty-five to thirty minutes. They will make their own sauce. All you now have to do is to put a scallop or two, according to their size, into the hot shells, add a few slices of mushroom and a little of the sauce, and serve as they are.

SCALLOPS, À LA MORNAY

The cooked scallops are sliced, and served in their own shells bound with a Mornay (cheese) sauce, sprinkled with grated cheese and breadcrumbs and quickly browned. Or the breadcrumbs can be omitted and the *coquille* bordered with Duchesse potatoes.

SCALLOPS, CURRIED

Small scallops are too good for such a fate, but not so the large and coarser ones. Cut them in slices, raw, and fry them in a little butter or fresh margarine with chopped tomatoes and onions. Then finish cooking in a curry sauce made with fish stock, and serve them with boiled rice and chutney.

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SCALLOPS EN COQUILLE

Put the scallops into cold water, bring them to the boil, and poach them for five minutes. Take them out, drain them, and cut them up small. Mix them with the chopped flesh of a skinned tomato, a very small onion minced, some parsley, and two or three mushrooms also chopped. Cook together in a little butter for a few minutes, season the mixture, and then bind with a very little rather thick Béchamel sauce. Put the mixture into the shells, sprinkle the tops with some bread-crumbs, add a few drops of melted butter, and brown quickly in the oven.

SCALLOPS, FRIED

Frying is one of the best ways of cooking scallops. If they are small, they can be fried whole, but if they are large, then the red part should be separated from the white, and the white cut in halves across, so that you have two circles instead of one. Egg-and-bread-crumbs them, and fry them golden on each side in butter or margarine. Whole small scallops can be fried in deep fat (they will take about five minutes): tomato sauce goes well with them.

SCALLOPS, GRILLED

This is a good way too. Season the scallops with salt, brush them over with olive oil, and grill them slowly. When they are done, dish them, sprinkle them with melted butter and with some onion, garlic and parsley finely chopped together.

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SCALLOP TURNOVERS

Cook the scallops in the usual way and make a nice thick, well-seasoned sauce with their cooking liquor and a little milk. Fold each scallop with a little of the sauce in a pastry turnover, and bake in the oven for ten minutes, when the pastry should be done. Serve at once.

SCARBOROUGH SOLE

See under SOLE, pages 73 to 78.

SHRIMP BALLS

Have ready some mashed potato bound with egg-yolk, and shape this with floured hands into small balls. Make a hole in each and stuff it with some of a mixture made by binding a thick white sauce with yolk of egg, seasoning it with lemon juice and adding chopped shrimps to it. Put some more potato over the hole to close it, egg-and-breadcrumb the little balls, and fry them in deep hot fat. Serve piled up in a heap and garnished with fried parsley.

SHRIMP DUMPLINGS

Shell a pint of fresh shrimps, and put the shells and heads into a saucepan with half a pint of milk, chopped parsley and a little pepper. Simmer for twenty minutes, then strain and use to make a thick sauce with butter or margarine and flour. Mix the shrimps with this, and when it is cold, wrap it up in suet dumplings, and bake them. You will probably want some more sauce to hand with them.

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SKATE FRIED IN BATTER

Having cooked the skate as directed below, remove the skin and bones, and chop the fish up coarsely. Sprinkle this with a little lemon juice, olive oil, salt, and pepper, adding on the top some onion rings, and leave for two or three hours. Then dip a spoonful of this mixture at a time (having removed the onion rings) in a thickish fritter batter, and fry in deep fat. Serve with fried parsley and fried floured onion rings.

SKATE IN BATTER

After cooking the skate as recommended below, but being careful not to overcook it, cut it into small squares, dip these in batter, and fry them golden. Hand tomato sauce.

SKATE PIE

I came across this some years ago in a book of *Meatless Meals* by Olga Hartley. Boil the fish, she says, in salted water until tender. Line a shallow dish with pastry. Flake the fish, free it from all skin and bone; mix it well with a little chutney and spread it on the pastry. Break three or four eggs over this. Don't break the yolks. Cover the pie with a lid of pastry, and bake in a moderate oven till the crust is slightly brown. This pie is good either hot or cold.

SKATE WITH CHEESE

Cook the skate in a glass of milk, a little butter or margarine, a couple of small onions sliced, two cloves,

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two pinches of flour, a clove of garlic, a bayleaf, a little thyme and salt and pepper. When the fish is done, strain the sauce, and let it reduce. Now sprinkle the bottom of a fireproof dish with grated cheese, and lay the skate in it, surrounding it with a dozen button onions which you have previously cooked in stock. Cover the fish with the sauce it has cooked in, sprinkle with some more grated cheese, and brown quickly in the oven.

SKATE WITH MAYONNAISE SAUCE

Skate cooked as described on page 72, and allowed to get cold, is particularly good with Mayonnaise sauce in a salad, the flakes of the fish lending themselves very well to salad-making. If you take my advice, a little chopped anchovy and a few capers could well be mixed with the Mayonnaise sauce in this instance.

SMELTS FRIED WITH BACON

Rather cavalier treatment for the delicate smelt, but it should be tried once—or perhaps even with the homelier sprat. Decapitate the fish and snip off their tails, then cut them in half-inch pieces across. Cut some thin rashers of bacon in pieces, too, and arrange these alternately with the pieces of fish along a skewer, allowing four pieces of each to every skewer. Brush over with olive oil, season with salt and pepper, egg-and-breadcrumb the whole thing, and fry in deep fat.

SOLE À LA PROVENÇALE

See RED MULLET À LA PROVENÇALE, page 58.

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SOLE À L'ÉTOUFFÉE

Cut the sole (Dover, Lemon, or Torbay, and it should be a fairly large one) in slices across the bone, and just stiffen them in a little butter in a casserole. Add a squeeze of lemon juice, put on the lid and finish cooking them in the oven. The lid should fit as tightly as possible. When they are done, dish them, and serve them sprinkled with freshly chopped parsley and the green part of young spring onions, or better still with *fines herbes*, that is chopped parsley, chives, chervil, and tarragon.

SOLE ALPHONSE XIII

The fillets of sole are fried *à la meunière*, and dished upon some aubergines fried in olive oil. There is handed separately a tomato sauce to which you have added some thin *julienne* strips of red sweet peppers (*pimientos*).

SOLE ARLÉSIENNE

A dressy but quite simple dish for a party. Fillet the sole, and poach the fillets in stock made from the trimmings. Let the stock reduce a little, then add to it a little chopped onion first fried in butter, two roughly chopped tomatoes without skin or pips, a tiny piece of garlic, and some chopped parsley. Cook with the lid on for a few minutes, and then add a dozen olive-shaped pieces of cooked vegetable marrow. Pour this sauce and garnish over the sole fillets, and garnish each end of the dish with a heap of crisply fried onion.

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SOLE AUX COURGETTES

See BRILL AUX COURGETTES, page 15.

SOLES, BAKED (ITALIAN FASHION)

This dish applies particularly well to slip soles, or larger soles can be filleted. Put them into a fireproof dish, and sprinkle them with olive oil, a tablespoonful of chopped marjoram, a clove of finely chopped garlic, a squeeze or two of lemon juice and some breadcrumbs. Cook for twenty minutes or so, uncovered, in a moderate oven.

SOLE CAPRICE

The fillets of sole are dipped in melted butter or fresh margarine, then rolled in breadcrumbs and gently grilled. Each fillet is garnished with half a banana, fried, and Robert sauce (Escoffier Brand) is handed with them.

SOLE EN GOUJONS

One of the nicest (and also the most economical) ways of serving fried sole. Cut the fillets in diagonal strips about the size of a small sprat, and either shake them in a cloth with seasoned flour, or egg-and-breadcrumb them. Then fry them quickly in deep fat.

If the strips are cut to the size of a whitebait, then they are *Sole en blanchailles*; if even narrower still, *Sole en julienne*.

With very great care, sole cut in this way may be poached and used cold in a salad, but it is better to add a little lemon juice to the water to keep them white.

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SOLE, FILLETS À L'ORLY

Have the sole or soles (Dover, Lemon, or Tørbay) filleted, and let the fillets lie for an hour in a marinade of lemon juice, salt, parsley and sliced onion, turning them once or twice. When you want them, drain and wipe them, and dip them in a good fritter batter. Fry them golden, and serve with tomato sauce.

SOLE FLORENTINE

The sole, or fillets, are poached, and placed in a shallow fireproof dish on a bed of cooked leaf spinach. The whole thing is then covered with a Mornay (cheese) sauce, and quickly browned.

SOLE HÉLÈNE

The poached sole is dished, well drained, on a bed of cooked *nouilles* (noodles) masked with Mornay (cheese) sauce, and browned.

SOLE MONTE-CARLO

The fillets are cooked *à la meunière*, and they are served with chopped capers and with melted anchovy butter poured over them.

SOLE MURAT

One of the most delicious ways with sole imaginable. Cut the fillets into strips *en goujons* (see page 75), Dip these in milk, then in seasoned flour and fry them golden in a little fresh butter or margarine. Meanwhile have ready some little cubes of fried potatoes and some

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cubes of artichoke bottoms (*fonds d'artichaut*, which can be bought in tins) which have both been tossed in butter until very lightly browned. Mix these with the sole, and pour over them some nut-brown butter, (*beurre noisette*) flavoured with lemon juice. At the last moment sprinkle with finely chopped fresh parsley, and serve very hot.

SOLE, PILAFF OF, WITH CURRY

Melt a little good margarine in a pan, and put in a chopped onion and a breakfastcupful of rice. Shake the pan well over the fire until the onion is fried and the rice affected all over, then add two breakfastcupfuls of well-seasoned boiling fish stock, put on the lid and bake in the oven for twenty minutes, not more. Remove the pilaff from the pan, and stir in a little butter or margarine. When the dish is wanted, cut the fillets of sole (Dover, Lemon, or Torbay) into diagonal strips about the size of a whitebait, roll them in seasoned flour, and fry them well in margarine. Heap them up in the middle of the rice, and hand a curry sauce with them.

SOLE WITH CHEESE AND MUSHROOMS

Cook the mushrooms, and make a thickish *purée* with them, binding with a little Béchamel sauce if you like. Spread this *purée* in the bottom of a fireproof dish, lay the poached fillets of sole (Dover, Lemon, or Torbay) upon it, cover them with cheese sauce bound with an egg-yolk, and this with a sprinkling of grated cheese, and brown quickly in the oven.

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SOLE WITH SPINACH

Fish *à la Florentine* is well-known to restaurant-goers: this dish omits the cheese sauce. Have the sole (Dover, Lemon or Torbay) filleted, flour and season them and cook them in a little butter or margarine until golden, on each side. Arrange them then round a heap of cooked spinach, with which you have mixed some finely minced onion fried separately in butter. Sprinkle some breadcrumbs over the dish, add a little melted butter, and brown quickly in the oven.

SPRATS, BAKED

Well grease a round baking-tin, and arrange the sprats in a circle, with their tails to the middle. Sprinkle them with plenty of salt, and pepper and lemon juice, and repeat the layers until the dish is full, covering the top with tiny bits of butter or margarine, with minced parsley. Bake until the sprats are done, and serve in the same dish. Tomatoes in slices or in *purée* can be added to the layers, if wished, and, I am inclined to think, with advantage.

SPRATS FRIED WITH BACON

See *Smelts Fried With Bacon*, page 73.

SPRATS, POTTED

Rather more elegant than herrings or mackerel. Take off the heads and tails, dry them and put them into a fireproof dish. Sprinkle them with salt and pepper, and add two bayleaves, a blade of mace, a chopped onion,

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and a little grated nutmeg. Pour over the fish enough vinegar, or vinegar diluted with water, to cover them, add one or two small bits of butter, and bake in a moderate oven, covered with a buttered paper, for twenty minutes to half an hour.

TORBAY SOLE

See under SOLE, pages 73 to 78.

TROUT À LA BRETONNE

Season and flout the little trout, and fry them golden on each side in a little butter. Take them out and keep them warm, let the butter brown very lightly, when you must pour it over the fish, and then give them a good squeeze of lemon juice and a sprinkling of chopped parsley. Serve them thus, with a garnish of cooked shrimps and mushrooms.

TROUT À LA DORIA

The trout is cooked *à la meunière*, that is, seasoned, floured, and fried on both sides in butter or margarine and sprinkled on serving with lemon juice, chopped parsley and nut-brown butter (*beurre noisette*). The *Doria* garnish consists of little olive-shaped pieces of stewed cucumber.

TROUT À LA GAVARNIE

Take some very small trout and smear them over with *Maître d'Hôtel* butter. Wrap them in buttered papers, twisting the ends of each well together, and bake them in a moderate oven for twenty minutes.

GOOD FISH DISHES

Serve the fish in their little paper bags, with small plainly boiled potatoes, and nut-brown butter (*beurre noisette*) handed separately.

TROUT À LA GRENOBLOISE

See *Red Mullet à la Grenobloise*, page 57, substituting small trout.

TROUT, BAKED

Allow one six-ounce trout for each diner. Stand the fishes, side by side and backs upward, in a low-sided dish or baking-tin just large enough to hold them upright, season them with salt and pepper, and bake with about an ounce of butter for each trout. Start them in a fairly hot oven for the first five minutes, then finish them for another twenty minutes in a moderate heat, basting them very well all the time. Dish them, and pour the butter over them, adding finally a squeeze of lemon juice. Serve plainly boiled or steamed potatoes with them.

TROUT, BOILED

For a large trout this old fashion might be tried. Put the trout into a fish kettle with a wineglassful of vinegar, salt, and a piece of horseradish. Bring to the boil and simmer slowly for twenty minutes to half an hour, and be careful that the skin is not broken. Serve with Anchovy sauce or plain melted butter.

TURBOT AÏDA

Arrange poached turbot fillets on a bed of cooked leaf spinach. Season them with salt and paprika pep-

GOOD FISH DISHES

per, and mask them with Mornay (cheese) sauce. Sprinkle with grated cheese and breadcrumbs (half-and-half), and brown quickly in the oven.

TURBOT À LA TARTARE

Get a small turbot, and putting it into a large fire-proof dish big enough to hold it, pour some melted butter over it. Sprinkle with parsley, thyme, and chives (but not too much thyme) chopped finely together, and season with salt and freshly ground black pepper. After it has been left for an hour, brush a beaten egg over it, cover with buttered breadcrumbs, and bake in the oven until the fish is done. Hand Tartare sauce with it.

TURBOT, GRILLED, WITH BANANAS

Rather exotic, but quite good. You want turbot fillets for this, not cuts across the fish, as they must not have any bones. Sprinkle them with melted butter or margarine, and grill them. Meanwhile fry lightly some long halves of bananas, and when the fillets are done, arrange one of these on each, and serve them with a sauceboat of Escoffier's Sauce Robert, heated up for the occasion.

WHITEBAIT OMELETTE

Very small whitebait can be cooked in an omelette, being first shaken in seasoned flour in the usual way, and then added to the beaten eggs and cooked in the omelette.

GOOD FISH DISHES

WHITING À LA DORIA

See TROUT À LA DORIA, page 79.

WHITING, GRILLED

Whiting are almost best when grilled, but how seldom do we find them so. Season them with salt, dip them in flour, brush them over with olive oil, and grill them very carefully, seeing that the bars of the grill are well oiled or the delicate skin will stick. Hand melted *Maitre d'Hôtel* butter with them.

WHITING IN BATTER

The light and delicate flesh of the whiting goes well with batter, too. Have the fish filleted, dip the seasoned fillets in frying batter, and fry them in deep fat. Hand Tartare sauce with them.

'WHITING WHITEBAIT'

Another recipe from Lady Clark of Tillypronie's book, where she calls it "Auchentorlie Breakfast Fish".

Whiting skinned and pulled into tiny bits, floured, and fried in lard like whitebait. Serve hot and dry on a napkin. Squeeze a lemon over when dished.

WITCH

See under SOLE, pages 73 to 78.

A FEW FISH SOUPS

COD'S-HEAD SOUP

The unromantic Cod's Head, usually consecrated to the cat, will provide you with an excellent soup if you are in an economical frame of mind. Fry two chopped onions in butter till they are golden, then add two dessertspoonfuls of flour mixed with a teaspoonful of curry powder, and put in the cod's head. Cover with water, add three tomatoes cut in slices, a bayleaf, two or three sprigs of parsley with plenty of stalk and a pinch of thyme, and simmer gently for two or three hours. Strain finely, season with salt and pepper and serve with fried croutons or with vermicelli which has been cooked with the soup for ten minutes or so before it is ready.

CRAB SOUP

Take the meat from two cooked crabs, setting aside that from the two large claws. Boil six ounces of rice in milk till it is soft (about twenty minutes), then rub it with the crab-meat through a fine sieve. When it is quite smooth, dilute it with white stock and season it with salt, pepper and anchovy essence. Heat well

GOOD FISH DISHES

through, stirring, but do not let it boil; add the meat from the claws.

CREAM OF FISH SOUP

Take a pound of cod or fresh haddock, skin and bone it, cut it into small pieces, put it into a quart of cold water with a bouquet of parsley, thyme and bayleaf, add a few peppercorns, bring to the boil, and simmer for three-quarters of an hour. Now strain through a sieve, make a roux with a couple of tablespoonfuls of butter and three of flour, pour the fish stock over this and mix smoothly. Bring to the boil and simmer for ten minutes, stirring all the time. Correct the seasoning and garnish with a few cooked peas, asparagus tips and potatoes cut in dice.

CURRIED FISH SOUP

Skin, bone and cut into small pieces a pound of fresh haddock. Brown them in a couple of ounces of butter with a peeled apple cut into dice, a couple of onions chopped, and a teaspoonful of mixed herbs. After ten minutes add a quart of hot fish stock or water, bring to the boil and simmer for half an hour. Now mix half an ounce of curry powder and two ounces of flour with a little water, and stir these into the soup, bringing it to the boil again and simmering for another half an hour. Then rub it all through a sieve, reheat, season with salt, pepper and a little lemon juice, and serve handing hot boiled rice separately.

FISH SOUPS

EEL BROTH

Fry a sliced medium-sized onion in dripping or butter until brown, add three pints of stock or water, a skinned eel cut up, bring to the boil, skim and simmer for about an hour. Twenty minutes before serving, strain the broth and put it back into the pan, season with pepper and salt and sprinkle in a tablespoonful of crushed sago or tapioca. At the last minute put in a little chopped parsley and serve with the pieces of eel in it.

FISH SOUCHET

Fillet a sole, and simmer the bones and trimmings in a pint of water with a medium-sized onion, a carrot and a small turnip for an hour, adding salt and pepper. Then strain the liquor, and boil the fillets of sole in it for five minutes. They should be cut up into smallish pieces. Serve the soup with the pieces of fish in it, with a few tiny cubes of the carrot and turnip, and with chopped parsley.

FISH SOUP I

For this interesting soup you will want three or four kinds of fish, for example, a small sole, a lemon sole, a whiting. Fillet them and keep back the fillets, while you cook the bones and trimmings in a court-bouillon of wine, vinegar and water, half and half, onion, carrots cut in slices, peppercorns, and a bouquet of parsley, thyme and bayleaf. Cook for an hour, then strain finely and poach the fillets in it. Dilute with good *consommé*

GOOD FISH DISHES

and rub the whole through a fine sieve. Bind with egg-yolk, and if you want a peculiarly subtle flavour, add a little saffron to the bouquet.

FISH SOUP II

Chop together a handful of spinach (sorrel instead, if you can get it), one or two small onions, a carrot, a potato, parsley, mint and, if you have them, chives, Brown these in butter and add boiling water, salt and pepper. Into this put a few small whiting whole, and cook for about twenty minutes. Take out the fish, remove their skins and bones; strain the soup and serve with the pieces of fish and vegetables in it.

FISH SOUP III

An uncommon soup, very simple to make. Warm some butter in a saucepan, add salt and pepper, and cook in it some pieces of lemon sole, plaice or whiting. Pour in some cider, add a bunch of chervil and simmer gently till the fish is done. Serve it as it is, less the chervil, but with the pieces of fish.

FISH SOUP IV (*from cooked fish*)

Remains of cold boiled fish can be used to make this soup. Cut up onion and carrot and stew them in butter until they are lightly coloured. (It would be a good idea to fry a few picked shrimps with them, too.) Pour in some water, and add a sprig of thyme, a bayleaf, and a clove. Season with a pinch of sugar and bring to the boil. Let this boil for about twenty minutes, then add

FISH SOUPS

the fish, flaked in smallish pieces, add a little stock, bring to the boil again, and serve very hot.

FISH AND SPLIT-PEA SOUP

Soak a quarter of a pound of dried peas overnight, then drain them and simmer them in salted water, with a pinch of bicarbonate of soda for a couple of hours or so until they are soft. Have ready a tablespoonful each of diced carrots, celery, leeks and onions, and cook these with six ounces of white fish (cod, hake, haddock, etc.) in a quart and a half of water for an hour, adding a *bouquet* of parsley, thyme and bayleaf. Strain then, and remove any skin and bone from the piece of fish, which you must keep hot. Pass the vegetables, and the peas, through a sieve, and mix together with enough of the stock to make a quart of soup. Reheat, season and pour over the pieces of hot fish, which you have already laid in the tureen.

LOBSTER CHOWDER

Cut up in dice two pounds of cooked lobster meat. Cream two tablespoonfuls of butter, and mix with the green part from the lobster and a couple of tablespoonfuls of crushed water biscuit. Put a slice of onion into a pint and a half of milk, bring it to the boil and strain it on to the butter and lobster mixture. Meanwhile cover the lobster shell with cold water, bring to the boil and cook for ten minutes. Strain this liquor, add it to the milk, etc., put in the lobster dice, season with salt and paprika pepper, heat well through and serve.

GOOD FISH DISHES

OYSTER SOUP

Scald, drain and beard four dozen oysters, keeping back their liquor. Barely melt a quarter of a pound of butter, add a quarter of a pound of flour, and moisten with a pint and a half of white stock or milk. Season with nutmeg and a pinch of cayenne and a teaspoonful of anchovy essence. Add up to half a pint of cream and the liquor from the oysters. Stir till boiling and then boil gently for a quarter of an hour. Cut the oysters in half, put them into the tureen and pour the hot soup over them.

NOTE. The same procedure may be used to make a soup out of scallops, mussels, whelks, and cockles, but special care must be taken to see that they are relieved of all gritty particles.

SKATE SOUP

Get a skate weighing a pound and a half to two pounds, skin it, fillet it, and keep the fillets aside. Simmer the bones and trimmings for an hour in three pints of water with a sliced onion, a cut-up stick of celery, a bayleaf, salt, and a few white peppercorns. Strain, bring the liquor to the boil, and in it cook the fillets for ten minutes. Sprinkle in a couple of ounces of vermicelli, cook for five minutes longer and then bind with egg-yolk and milk.

SMOKED HADDOCK SOUP

A Scots soup with the none too pleasant name (to

FISH SOUPS

Sassenach ears) of Cullen Skink. Put a skinned smoked haddock in a pan with just enough boiling water to cover it, and when it boils add a chopped onion. When the fish is cooked, remove all the flesh and flake it, and put the bones back into the stock, where they must boil for an hour. Strain the stock, bring it to the boil again and add a pint of boiling milk with the flaked fish, and salt if needed. Thicken with some mashed potato, season with pepper and finish with a few small pieces of butter.

A FEW UNUSUAL FISHES

Changed conditions have seen an increasing number of strange fishes on the fishmonger's slab; fishes that are in most cases excellent to eat, though unfamiliar to the ordinary housewife. Quite often the fishmonger himself is unaware of the ways in which those fishes can be cooked, with the result that their sale hangs fire and the housewife misses a chance of tasting something which she would probably enjoy with her family.

The following list of unusual fishes that may be found in the shops is intended for the shopper's, and cook's guidance. A list of river fishes has also been added, more for completeness sake, as few of them beside the usual salmon and trout find their way to the market.

SEA FISH

Bass

This fish is considered a great delicacy in France, and I well remember George Moore complaining that he could never get it in England. It is to be had, however, in the summer, and may be cooked, according to size, in any way applicable to salmon.

GOOD FISH DISHES

Bream

There is a sea bream and a river bream, both rather coarse fishes. As it is a dry fish, it is best when served with a rather rich sauce. It can be boiled or grilled, but is preferable when stewed (for example *à la Portugaise*), or stuffed and baked like a fresh haddock, with plentiful bastings.

Catfish

This is generally sold under some other name, but if its true one is disclosed, it may be cooked by any recipe suitable for fresh haddock.

Coalfish

This is usually called Rock Salmon or Rockfish. Treat it in any way in which you would use cod, hake, or other fish of that kind.

Conger Eel

This is a tough fish, and needs a deal of cooking. It can be cooked in any of the ways suitable for freshwater eel, but is best in a soup or pie. Thick steaks of it can be stuffed and roasted.

John Dory

This ugly fish can be filleted and cooked in the various ways applicable to sole, and it can be boiled whole. It makes a particularly good salad when cold.

Garfish

This peculiar fish with its long beak and bright green bones may be rather terrifying to some, but it is worth buying. It should be well washed, cut up, and left to lie for an hour or two before cooking in a mixture of olive oil, vinegar, salt, pepper, and chopped parsley

UNUSUAL FISHES

and shallots. It can then be fried or stewed, as you please.

Gurnard, Gurnet

Another unattractive fish to look at, but quite good to eat. It is a dry-fleshed fish, and may be stewed or baked like fresh haddock with a savoury stuffing. The red gurnard is the best.

Ling

Treat like cod. Especially good in a pie with pastry cover.

Mullet, Grey

The red mullet is generally well-known, but not the grey. It is a little like a delicate mackerel, but may be muddy in flavour. It can be boiled and served with melted butter or a sauce like Hollandaise, or stewed, fried, or cooked *en casserole*. It is sometimes cooked in France like an eel, *en matelote*, which is very good.

Pilchard

This is like an oilier herring, and should be dealt with as such.

Pollock.

A coarse sort of whiting. Cook like whiting or fresh haddock.

Sturgeon

Not often to be found in the shops, but treat exactly like veal.

Tunny Fish

This fish is generally eaten when tinned in oil, but

GOOD FISH DISHES

it is sometimes to be bought fresh. Roughly speaking it may be treated in the same way as salmon.

Whiting Pout

Cook as Whiting.

RIVER FISH

Barbel

Grill or cook *au gratin*: also by any recipe for carp or pike.

Bleak

Any recipe for sprats.

Carp

Authorities should be consulted as to the best preliminary methods to rid this fish of muddiness. It can be boiled, or stuffed and baked like fresh haddock, and is good when filleted.

Char

Can be served fresh, grilled, but is usually potted.

Chub

Tasteless and very bony, but may be cooked like carp.

Dace

Good but bony. Cook like eels, or stew plainly.

Grayling

As trout.

Gudgeon

As smelts.

UNUSUAL FISHES

Loach

As smelts.

Minnows

As whitebait.

Perch

Boil, grill, fry, stew, or cook *en casserole*. Good cold with Mayonnaise.

Pike

Boil, bake, stew, or roast, but remember pike is a very dry fish. Fillets may be stewed or fried.

Roach, Rudd

These two fishes are not of much consequence, but should be grilled, fried, or stewed, after soaking in a marinade such as that recommended for Garfish, see page 92.

Salmon Trout

Large ones like salmon; small ones like trout.

Tench

Bony, so best filleted. May be uneatably muddy. Stew, boil, or fry. Clean immediately after catching, and eat as soon as possible after that.

Note. Further recipes for these and other river fishes will be found in my *From Creel to Kitchen*.

ENGLISH AND FRENCH NAMES OF FISHES

A short Glossary of use to Diners-out

<i>English</i>	<i>French</i>
Anchovy	Anchois
Barbel	Barbeau, Barbillon
Bass	Bar
Bleak	Ablette
Bloater	Hareng saur
Bream (freshwater)	Brême
Bream (sea)	Daurade
Brill	Barbue
Carp	Carpe, Carpillon
Char	Omble Chevalier
Chub	Chabot
Cockle	Palourde
Cod (fresh)	Cabillaud
Cod (salt)	Morue
Conger Eel	Congre, Anguille de Mer
Crab	Crabe
Crawfish	Langouste
Crayfish	Écrevisse
Dab	Limande

GOOD FISH DISHES

<i>English</i>	<i>French</i>
Dace	Vandoise
Dublin Bay Prawn	Langoustine
Eel	Anguille
Eel Pout	Lotte
Flounder	Carrelet
Garfish	Orphie
Grayling	Ombre
Gudgeon	Goujon
Gurnard, Gurnet	Grondin
Haddock (fresh)	Aiglefin, Aigrefin (Eglefin)
Haddock (smoked)	Aigrefin fumé
Hake	Merlus
Halibut	Flétan
Herring	Hareng
John Dory	Saint-Pierre
Kipper	Hareng fumé
Lamprey	Lamproie
Ling	Lingue
Lobster	Homard
Mackerel	Maquereau
Mullet, Grey	Mulet, Muge
Mullet, Red	Rouget
Mussels	Moules
Oysters	Huîtres
Perch	Perch
Pike	Brochet, Brocheton
Pilchard	Célan
Plaice	Plie
Prawns	Crevettes roses

GLOSSARY

<i>English</i>	<i>French</i>
Roach	Gardon
Rockfish	Baudroie, Colin
Roes, soft	Laitance
Salmon	Saumon
Sand-Eel	Équille
Scallops	Coquilles St. Jacques
Shad	Alose
Shrimps	Crevettes grises
Skate	Raie
Smelt	Éperlan
Sole	Sole
Sprats	Esprots, Melettes, Harenguets
Sturgeon	Esturgeon
Tench	Tanche
Trout	Truite
Trout, Salmon	Truite saumonée
Tunny	Thon
Turbot	Turbot
Turbot, Chicken	Turbotin
Weever	Vive
Whitebait	Blanchaille
Whiting	Merlan
Winkle	Bigorneau
Wrasse	Rascasse

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